



Meigs County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Meigs County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Meigs County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$65,691.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
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| ➤ TNCEP | ➤ Tennessee Wildlife Resources Agency |
| ➤ UT Extension | ➤ Tennessee Department of Transportation |
| ➤ Meigs County Health Council | ➤ Tennessee Tech University |
| ➤ Meigs County Community Advisory Board | ➤ Dr. R. Shane Roberts |
| ➤ Meigs County Health Department | ➤ Meigs County Volunteer Fire Department |
| ➤ Tenndercare | ➤ Meigs County Rescue Squad |
| ➤ Chattanooga Area Food bank | ➤ Tennessee Technology Center |
| ➤ Mental Health Association of Knoxville | ➤ First Things First |
| ➤ The Hope Center | ➤ Tennessee Valley Authority |
| ➤ Women's Care Center, Dayton, TN | ➤ Walker Valley High School |
| ➤ Southeast TN Regional Health Department | ➤ Mary Ellen Locher Foundation |
| ➤ Child Advocacy Center | ➤ Meigs County Volunteer Fire and Rescue |
| ➤ McMinn County Health Department | ➤ Meigs County Sheriff's Department |
| ➤ Cleveland State Community College | ➤ Decatur Police Department |
| | ➤ Tennessee Highway Patrol |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Open House parent events, Healthy Horizons event, Pink Out activities at sporting events, Health School Teams, and volunteering at health screenings. CSH has partnered with approximately 1007 parents, guardians, and grandparents the past 3 years.

Students have been engaged in CSH activities that include HOSA students. Female athletes have been raising money for cancer research. They planned and implemented a physical activity fundraiser during school. Fifteen students participated in the Healthy Horizon event. Twelve students attended a “food tasting” to help make new healthy choices for the school lunch program. Approximately 350 students are partnering with CSH to address school health issues the past four years.

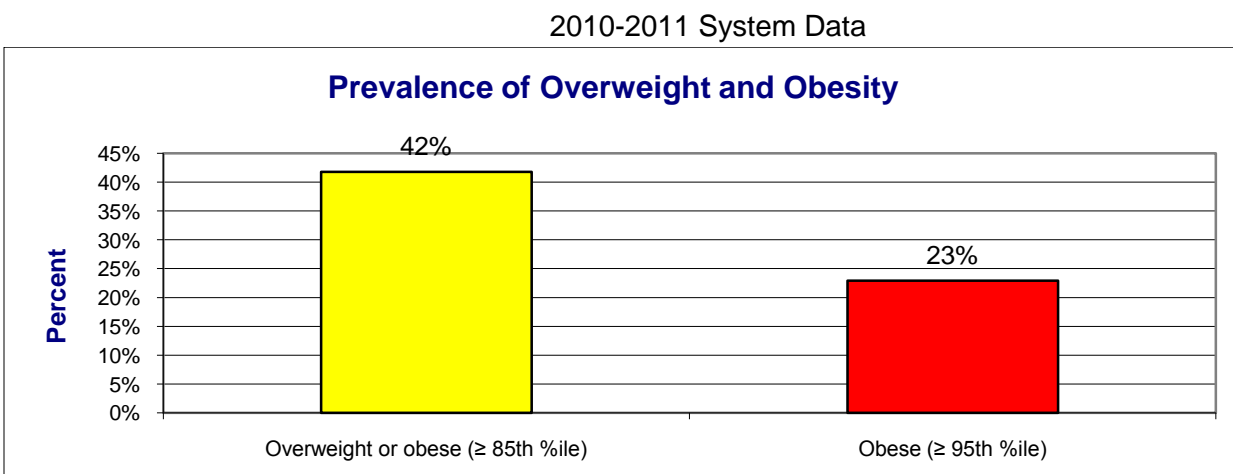
School Health Interventions

Since CSH has been active in the Meigs County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers (2010-2011 data) – Vision 782 screened 185 referred, Hearing 769 screened 48 referred, Blood Pressure 769 screened 81 referred, Body Mass Index 765 screened 368 referred, and Dental 800 screened 121 referred;

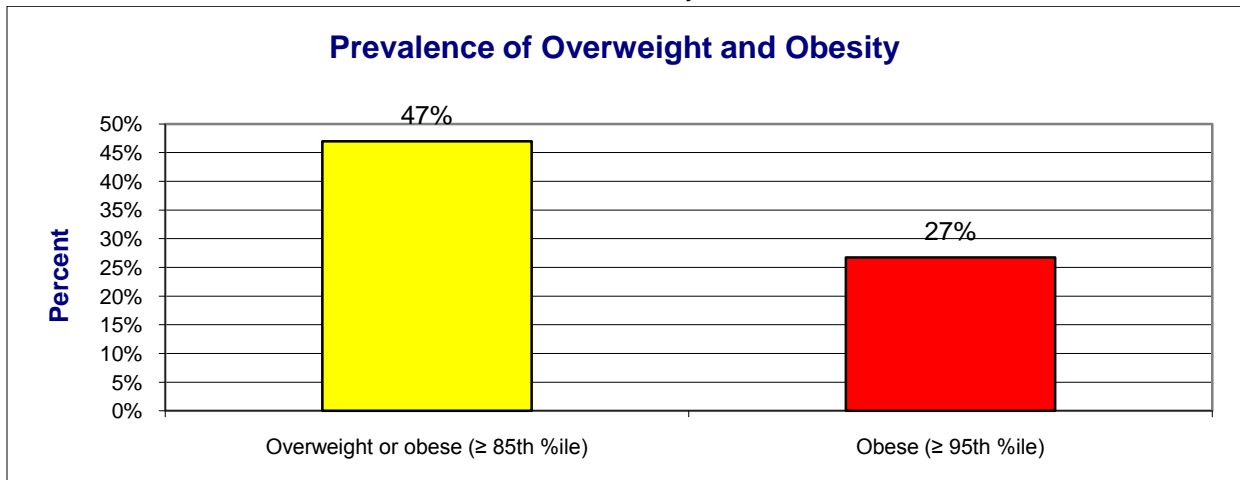
Students have been seen by a school nurse and returned to class – 7878 seen by nurse and 5448 returned to class (2010-2011 Data);

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Meigs County's obesity rate has declined by 4% since the inception of CSH.



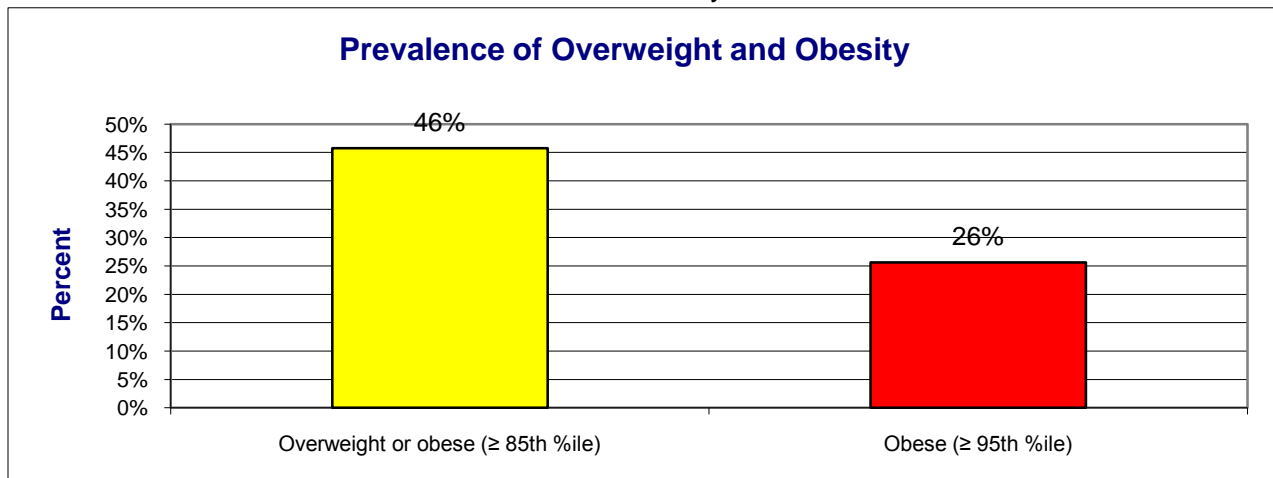
	<u>Boys</u>	<u>Girls</u>	<u>Total</u>
<u>Number of children assessed:</u>	328	296	624
Underweight (< 5th %ile)	3%	1%	2%
Normal BMI (5th - 85th %ile)	55%	58%	56%
Overweight or obese (≥ 85th %ile)*	42%	41%	42%
<i>Obese (≥ 95th %ile)</i>	25%	20%	23%

2009-2010 System Data



<u>Number of children assessed:</u>	404	371	775
Underweight (< 5th %ile)	2%	1%	2%
Normal BMI (5th - 85th %ile)	49%	55%	51%
Overweight or obese (≥ 85th %ile)*	49%	45%	47%
<i>Obese (≥ 95th %ile)</i>	30%	23%	27%

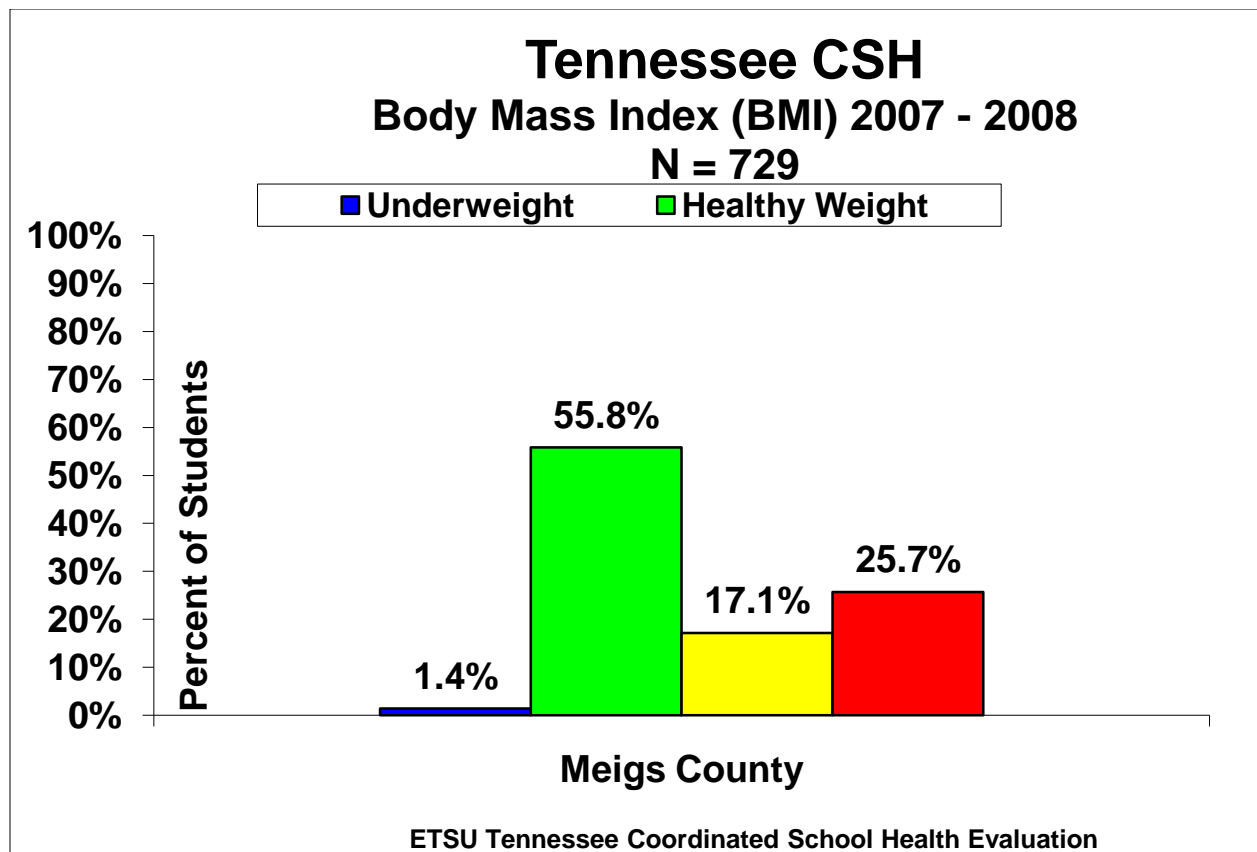
2008-2009 System Data



<u>Number of children assessed:</u>	408	342	750
Underweight (< 5th %ile)	2%	1%	1%
Normal BMI (5th - 85th %ile)	48%	59%	53%
Overweight or obese (≥ 85 th %ile)*	50%	40%	46%
Obese (≥ 95 th %ile)	31%	20%	26%

2007-2008 System Data

Underweight	BMI-for-age \leq 5th percentile	1.37%
Healthy Weight	BMI-for-age > 5th percentile < 85th percentile	55.83%
At Risk of overweight	BMI-for-age ≥ 85 th percentile \leq 95th percentile	17.15%
Overweight	BMI-for-age ≥ 95 th percentile	25.65%



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment (National Archery in Schools program for 3 schools) badminton sets for 2 schools, lots of small item physical education equipment, Wii's and Wii' fit for all schools, nutrition education curriculum (Healthy Choices, Healthy Me), Smoothie machines and equipment for all schools, and stability balls for classroom chairs;

Professional development has been provided to school health staff development. CSH has paid each year for physical education teachers to attend TAPHERD conference and physical education in-service at Tennessee Tech, paid for nurses to attend Pediatric Diabetes in Nashville, and emergency medicine in Knoxville, and helped fund School Counselor workshop;

School faculty and staff have received support for their own well-being through walking programs, Biggest Loser competitions, Wii's and Wii Fits for all schools, exercise videos for after school staff wellness, and dumbbells, medicine balls, and resistance bands for after school exercise program

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – tobacco education; National Guard Drug Program; Kids on the Block; SRO programs at elementary schools; Hosted Michigan Model Training for all Counselors and physical education teachers; “Just Wait” and “The EDGE” abstinence education programs; Hand Washing campaigns; Information sent home to parents about diabetes, healthy eating, fitting activity into a busy lifestyle;
- Physical Education/Physical Activity Interventions – Purchased over \$20,00 worth of physical education equipment; Wii’s for schools; Dance, Dance Revolution kits for all schools; Paid for teachers to attend TAPHERD and other trainings, Yearly physical education meetings to address curriculum and needs; Intramural Program; Physical Fitness test implemented; after school intramural program for high students and staff; Meigs High and Meigs Middle continues to compete in state, national, and world competitions;
- Nutrition Interventions – Power U for all 4th graders, PreK-5 Nutrition Education classes, “Tasty Days” fresh fruit and vegetable tastings, and Healthy Horizons;
- Mental Health/Behavioral Health Interventions – Connections Relationship classes, Mental Health Association has talked to classes about depression, cutting, suicide, dating violence and mental illness, Child Advocacy provides weekly parenting and pregnancy classes, and mental health team was developed.

In such a short time, CSH in the Meigs County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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